the medial portion and having a second diameter, the second diameter being larger than the first diameter; and

a trocar having an elongate trocar body for extending through the cannula, the elongate trocar body having a sharpened distal end portion, a medial portion thereof having a first diameter, and a proximal portion having a second diameter, the second diameter being larger than the first diameter, the torcar also having a handle connected to a proximal end portion of the trocar body for gripping of and handling of the torcar by a hand of a user and a shield slidably mounted to the medial portion of the trocar body and biased in an extended position so that a distal end of the shield coveringly protects the sharpened distal end of the trocar body until pressure is applied thereagainst so that the shield slidably moves toward the proximal portion of the trocar body in a retracted position, the shield having a third diameter, the third diameter being equal to or less than the second diameter; and

a first shield stop comprising a shoulder on an inner surface of the shield body that cooperates with the distal end of the trocar body to provide a stop for the shield body.

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3. (Amended) A trocar system as defined in Claim 2, wherein the trocar body includes a trocar body transition region, the transition region having an outer surface extending outwardly from the medial portion to the proximal portion and defining a second shield stop when the shield is biased to the retracted position.

4. (Amended) A trocar system comprising:

a cannula having an elongate cannula body, the cannula body including medial and distal portions thereof having a first diameter and a proximal portion thereof connected to

the medial portion and having a second diameter, the second diameter being larger than the first diameter;

a trocar having an elongate trocar body for extending through the cannula, the elongate trocar body having a sharpened distal end portion, a medial portion thereof having a first diameter, and a proximal portion having a second diameter, the second diameter being larger than the first diameter, the torcar also having a handle connected to a proximal end portion of the trocar body for gripping of and handling of the torcar by a hand of a user and a shield slidably mounted to the medial portion of the trocar body and biased in an extended position so that a distal end of the shield coveringly protects the sharpened distal end of the trocar body until pressure is applied thereagainst so that the shield slidably moves toward the proximal portion of the trocar body in a retracted position, the shield having a third diameter, the third diameter being equal to or less than the second diameter;

wherein the shield has a tubular-shaped shield body that substantially surrounds the medial portion of the trocar body and biasing means positioned between an outer surface of the medial portion of the trocar body and an inner surface of the tubular-shaped shield body;

wherein the trocar body includes a trocar body transition region, the transition region having an outer surface extending outwardly from the medial portion to the proximal portion and defining a shield stop when the shield is biased to the retracted position; and

wherein the shield stop comprises a first shield stop, and wherein a second shield stop is connected to the trocar body and cooperates with the shield body to provide an alternative or an auxiliary stop for the shield body when moving to the retracted position.

5. (Amended) A trocar system as defined in Claim 1, wherein the sharpened distal end portion has a fourth diameter, the fourth diameter being larger than the first diameter of the medial portion of the trocar body.

7. (Amended) A trocar comprising:

an elongate trocar body for extending through [the] a cannula, the elongate trocar body having a sharpened distal end portion, a medial portion thereof having a first diameter, and a proximal portion having a second diameter, the second diameter being larger than the first diameter;

a handle connected to a proximal end portion of the trocar body for gripping of and handling of the trocar by a hand of a user; and

a shield slidably mounted to the medial portion of the trocar body and biased in an extended position so that a distal end of the shield coveringly protects the sharpened distal end of the torcar body until pressure is applied thereagainst so that the shield slidably moves toward the proximal portion of the trocar body in a retracted position, the shield having a third diameter, the third diameter being [at least] equal to or less than the second diameter; and

a first shield stop comprising a shoulder on an inner surface of the shield body that cooperates with the distal end of the trocar body to provide a stop for the shield body.

9. (Amended) A trocar as defined in Claim 8, wherein the trocar body includes a trocar body transition region, the transition region having an outer surface extending outwardly from the medial portion to the proximal portion and defining a second shield stop when the shield is biased to the retracted positioned.

10. (Amended) A trocar comprising:

an elongate trocar body for extending through the cannula, the elongate trocar body having a sharpened distal end portion, a medial portion thereof having a first diameter, and a proximal portion having a second diameter, the second diameter being larger than the first diameter;

a handle connected to a proximal end portion of the trocar body for gripping of and handling of the trocar by a hand of a user; and

a shield slidably mounted to the medial portion of the trocar body and biased in an extended position so that a distal end of the shield coveringly protects the sharpened distal end of the torcar body until pressure is applied thereagainst so that the shield slidably moves toward the proximal portion of the trocar body in a retracted position, the shield having a third diameter, the third diameter being equal to or less than the second diameter;

wherein the shield has a tubular-shaped shield body that substantially surrounds the medial portion of the trocar body and biasing means positioned between an outer surface of the medial portion of the trocar body and an inner surface of the tubular-shaped shield body;

wherein the trocar body includes a trocar body transition region, the transition region having an outer surface extending outwardly from the medial portio to the proximal portion and defining shield stop when the shield is biased to the retracted positioned; and

wherein the shield stop comprises a first shield stop, and wherein a second shield stop is connected to the trocar body and cooperates with the shield body to provide an alternative or an auxiliary stop for the shield body when moving to the retracted position.